SHOPPERS DRUG MART
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TEMPER, TEMPER

BRETT LAWRIE APPEALS SUSPENSION FOR HITTING UMP WITH HIS HELMET PAGE 18

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LONDON metro®
Thursday, May 17, 2012
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Quite the juggling act

Cirque du Soleil.
London native helps give Dralion its flair

JOHN MATISZ
john.matisz@metronews.ca

When you think of entertainment that makes a lasting impression, the traditional circus doesn't usually spring to mind.

Then there's Cirque du Soleil's Dralion.

"Some of my little cousins came to see the show in Hamilton at the end of April. The kids spent the entire week after doing tumbles over the couch, cartwheels in the kitchen," said Londoner Tyler Davidson, assistant production manager of Dralion.

The Cirque trademarks — multicoloured costumes, incredible athleticism, seamless transitions and fantastic showmanship — will be on display during Dralion's four-day stop at the John Labatt Centre this week.

With a staff of 105 — including 54 performers from 15 countries — Dralion is a sizable production. Davidson, 34, is in charge of co-ordinating the countless rigging, lighting and sound duties.

Circus is in town!

- **What:** Cirque du Soleil Dralion
- **When:** Through Sunday
- **Where:** John Labatt Centre

"I've always been involved in the behind-the-scenes work," the four-year Cirque veteran said. "My sort of specialty is with the touring shows."

Seeing as his hometown isn't exactly a circus hub, the Saunders Secondary School graduate and his crew will be working tirelessly alongside resident staff to convert the JLC back to a hockey arena.

"Everything has to be portable," he said, pointing to some of the equipment the show lugs around the world. "Our record for taking down everything and building the hockey rink back up is two hours and 38 minutes."

Davidson said the unrelenting lifestyle of a backstage employee is worth it in the end. He loves every minute of it.

So what should his fellow Londoners get excited for most? "Tell them I said I like the clowns the best," he said.

Juggler Basile Dragon hones his skills at the John Labatt Centre on Wednesday afternoon. Cirque du Soleil's Dralion is in London for four days, until Sunday. Publicist Julie Desmarais says the show — starring 54 performers from around the world — "blends traditional Chinese acrobatics with Cirque du Soleil flair. There's a lot of aerial acts to look forward to." For more information on performances, go to johnlabattcentre.com. JOHN MATISZ/METRO

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Downtown London worth the investment, study says

Highlights. London commended for office space, job concentration, population growth and transit use

London has fared well in a new study of investment return in Canadian cities' downtowns.

The independent study by the Canadian Urban Institute, titled The Value of Investing in Canadian Downtowns, examined 10 downtowns: Halifax, Fredericton, Ottawa, Toronto, London, Winnipeg, Saskatoon, Edmonton, Vancouver, and Victoria. Some London highlights:

- London leads the other cities for percentage of office space. Downtown London contains 81 per cent of the city's office space and is the only city that has seen growth in this area.
- London has a significant concentration of jobs downtown, with 303 jobs per hectare, second only to Ottawa with 318 per hectare.
- Between 1996 and 2006, London's downtown population grew by 37 per cent, while the city's overall growth was only eight per cent.
- London was commended for encouraging walking and transit use. Only 44 per cent of downtown residents use their car to get to work compared to 73 per cent citywide.

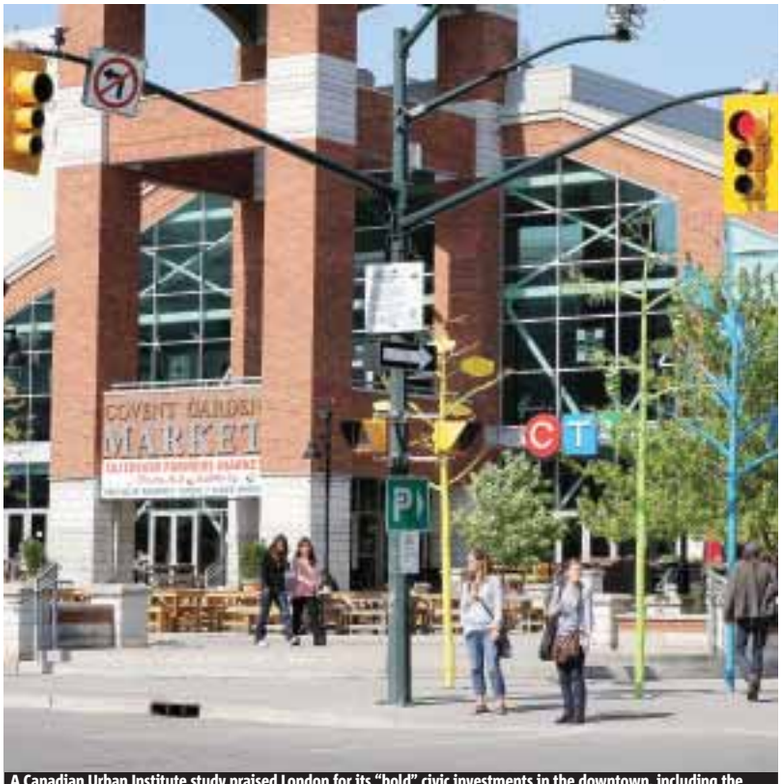
The study also praised London for "bold and innovative" civic investments totaling $174 million to build the John Labatt Centre, Covent Garden Market, convention centre and central library.

"It's great to see our downtown reflected as a leader in Canada," James Yanchula, the city's manager of urban design, said in a release. "The report shows that investments made in downtown London pay back big dividends of all kinds."

METRO

City limits

London's downtown is defined as the area between York and Kent streets and Colborne and Ridout streets



A Canadian Urban Institute study praised London for its "bold" civic investments in the downtown, including the Covent Garden Market. MILA PETKOVIC/FOR METRO

Biebs' cash not enough to keep Bethesda open

Despite singer Justin Bieber's involvement, the Salvation Army refuses to budge on its May 31 deadline to raise $1.5 million to keep the Bethesda Centre open. ANGELA MULLINS/METRO

Singer Justin Bieber's pledge to donate proceeds from his latest song to a shelter for pregnant teens may not be enough to keep its doors open.

The Salvation Army refuses to extend its May 31 deadline to raise $1.5 million to keep the Bethesda Centre open.

"We are completely disappointed and stunned," said Save Bethesda spokeswoman Sarah Brooks. "But we are still working hard to raise as much as we can. We are not defeated and we are not giving up."

As of Wednesday afternoon, Save Bethesda had raised $118,236 in eight weeks.

Bieber's influence is big, but it could take more than the 16 days the shelter has left to see any proceeds from the song Turn to You, which was released Friday on iTunes.

Since Bieber stepped in, Brooks said Save Bethesda's donations have gone up and the group's likes on Facebook have climbed by 400 since Friday.

"Justin has a much larger audience and is able to bring awareness to the centre and what it offers," said Brooks.

The Save Bethesda committee is now urging residents to stand behind them and appeal to the Salvation Army for an extension. Visit facebook.com/savebethesda or salvationarmy.ca/savebethesda for information. MILA PETKOVIC/ FOR METRO

Bethesda statement

"We remain committed to the May 31st fundraising deadline ... to keep the centre open and operational. After operating with a budget shortfall of $200,000 to $300,000 per year for the past several years, the goal of $1.5 million would allow the Bethesda Centre to remain open for up to five years, thus providing an opportunity to develop a viable alternative long-term funding plan."
For the complete statement, visit metronews.ca.

Criminal probe

Ex-Ornge exec presents notes

New questions are being raised about whether well-connected Liberals lobbied the Ontario government on behalf of Ornge, the provincial air ambulance service that's currently under a criminal probe. Jacob Blum, a former executive at Ornge, told a legislative committee that Premier Dalton McGuinty's ex-chief of staff Don Guy contacted the government on behalf of Ornge. Blum submitted handwritten notes as part of his affidavit. The committee is examining questionable business deals, high-executive salaries and details about the spinoff for-profit companies set up by Ornge, which receives $150 million a year from the province. THE CANADIAN PRESS

Ex-Ornge executive says former Dalton McGuinty chief of staff contacted government.
THE CANADIAN PRESS FILE

Shawinigan, Que.

Knights depart for Memorial Cup

The London Knights flew to Shawinigan, Que., in a private jet owned by the NHL's New Jersey Devils Wednesday. The OHL champions' first 2012 Memorial Cup opponent is the defending champion Saint John Sea Dogs. METRO

Appointment

Western names first vice-provost, international

Award-winning researcher and renowned scholar, Julie McMullin has been appointed to a five-year term as Western University's first vice-provost, international, beginning June 1. METRO

1 NEWS

On the web

Biebs tops Forbes' celeb list

Justin Bieber's fame and money are making headlines once again (magazine covers, actually). Bieber's celebrity status and social-media power landed him a top-three spot on Forbes' 'most powerful celebrity' list. Read more at metronews.ca.

Age-old dinosaur up for grabs

This week, a 75-million-year-old cousin of Tyrannosaurus rex will be up for bid, and while it's hoped the valuable find will land in a museum, there's no guarantee a private collector won't snatch it up. Watch at metronews.ca

Mobile news

From Berlin to Antarctica, with not a penny in his pocket, Michael Wigge clocked more than 40,000 kilometres hitchhiking, bartering and working his way by ship, plane, car and foot around the globe. Scan the code for the story.

Rippers coming together

Baseball. Only a couple of days separate the London club from its first game in franchise history

JOHN MATISZ
john.matisz@metronews.ca

Clifton Thomas, a 23-year-old former Texas Rangers minor leaguer, takes a good cut as a ball comes his way during London Rippers batting practice at Labatt Memorial Park on Wednesday afternoon. The Frontier League squad's inaugural season begins Friday in Marion, Ill., when it opens a three-game set against the Southern Illinois Miners. JOHN MATISZ/METRO

Clifton Thomas is one of 20 American-born Rippers players who will squat in London over the upcoming summer months.

The Forest City is a completely new place to the El Cajon, Calif., native and the 23-year-old Texas Rangers draft pick likes what he sees so far.

"This place is beautiful. The downtown, the ballpark — it's my kind of city," Thomas said Wednesday afternoon at the Frontier League team's first official media appearance. "Spring training feels like it's taking forever. We're excited to get things going."

Historic Labatt Memorial Park will be Thomas and Co.'s stomping ground in their debut campaign.

From the May 25 home opener to Aug. 30's regular-season home finale, the 24-man roster — with 14 players who have experience with MLB-affiliated teams — will play 48 regular-season home games.

Tack on another 48 road contests and that's a lot of baseball, especially for players in their early to mid-20s who have limited experience with such a demanding schedule.

Assistant coach Mike Lumley, a longtime stalwart in the local baseball community, believes the jam-packed 2012 season will allow the clubhouse atmosphere — which he notes is that of a "brotherhood" already — to blossom.

"I think that's part of having me around," the former Detroit Tigers prospect said. "(As a player), I took a positive sight on bus trips. There's a lot of fun to be had and team chemistry can be built (on those road trips)."

As the club wraps up training camp this week, the coaching staff are starting to focus on what's going on inside their players' heads instead of how fast they can throw a fastball or how quickly they can run the bases.

"It's more the mental side of the game that needs to be adjusted, rather than mechanical," Lumley said, adding there won't be any surprises in terms of raw skill at this point in their pre-season tune-up.

For Thomas, a five-foot-seven outfielder who possesses elite fielding abilities, enjoying the game is relatively simple, as long as you're winning.

"Baseball is like a pie," he said in between smirks. "You have to pitch, hit and field. If we can put all of those pieces together, I think we'll be a really good team."

Follow John Matisz on Twitter @Metro_JMatisz

Almost there

Rippers' to-do list nearly complete:

- Players to be cut: One (25 to 24).
- Starting pitchers: Opening day, TBA; home opener, Jamie Richmond.
- Clubhouse remodelling: "Almost there."

SLOME career fair puts students to work

Student Ahmed Moustafa, 13, solders a wire to make an LED flashlight at a Fanshawe College electronics table at the interactive career-exploration fair SLOME 2012 at the Western Fair Agri-Plex on Wednesday. MILA PETKOVIC/FOR METRO

Students got some hands-on experience Wednesday at SLOME 2012 — the annual science, technology, and trades-career exploration fair.

About 2,500 students from Grades 7 through 12 attended the 13th annual event at the Western Fair Agri-Plex on Wednesday.

"This is a good opportunity for us to recognize jobs that we might not know exist," said Madison Boon, 13, as she got her hair done at the Fanshawe College hairstylist stage.

Boon wants to be a nurse or lawyer, but said she enjoyed looking around at all the different future career options.

More than 40 exhibitors from London and the surrounding area were there to showcase career opportunities in very interactive ways.

One of the highlights was a Fanshawe College electronics and industrial-controls program table, where students were making LED flashlights.

Student Ahmed Moustafa, 13, took 10 minutes to complete his flashlight. He learned how to solder components to a circuit board.

"I like working with hands-on stuff and electronics," said Moustafa. "I never knew you could make stuff this simple, and I just got to try something really cool."

The interactive booths allowed students to get a good idea of possible careers and the education they might need, said Chad Callander, communications project co-ordinator of the event.

The careers fair also had a local focus.

"Every single exhibitor here is from the area, so it gives a good chance to look at what our community has to offer," said Callander. "And I think that's an important step in retaining local talent."

Some of the other exhibitors present included Medix School, Farm and Food Care Ontario, the London Police Service, London Transit Commission and Ontario Dental Education Institute.

MILA PETKOVIC/FOR METRO

Quoted

"You have to give everything a chance. I also like reading, but doing hands-on stuff is more fun."

Student Ahmed Moustafa, 13

Education

Youth connecting with a click

Students from the Thames Valley District School Board will use the power of the Internet to cross international borders with thousands of students worldwide.

The International Time Project is a United Nations-sponsored learning marathon during which schools around the world will be simultaneously online.

Forty schools in 20 countries will participate, including Lord Elgin Public School, which will defend its second-place showing in a research-competition portion of the project. Other participating London schools include Byron Northview and F.D. Roosevelt.

The project runs from 7 p.m. Thursday to 7 a.m. Friday. METRO

Psychiatry

Lawson researcher Osuch wins award

A scientist at the Lawson Health Research Institute has been awarded one of Pfizer Canada's first psychiatry-research awards.

Elizabeth Osuch, Rea research chair of affective and anxiety disorders, is one of two researchers to receive $100,000.

Elizabeth Osuch CONTRIBUTED

Osuch's winning proposal aims to improve diagnosis of bipolar disorder in youth. METRO

Crime

Charge laid after fatal collision

A woman has been charged after Jonathan Sullivan, 22, of London, who was riding a motorcycle, died in a collision with a car on April 13 at the Southdale and White Oak roads intersection.

The driver of the car has been charged with not making a safe turn. METRO

Crime

Police find drugs in home

The seizure of crack cocaine, marijuana and other drugs from a Greenwood Avenue address has led to charges against a London man and woman.

John Henry, 39, and Tammy Zarski, 42, face several drug-possession and trafficking charges. METRO

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Report takes police to task over G20 conduct

Officers pull back an activist during the G20 Summit in Toronto, June 26, 2010. A new report concludes that police violated civil rights, detained people illegally and used excessive force during the summit two years ago. The report, by Ontario's independent police watchdog, also blasts the temporary detention centre set up by the Toronto force for its poor planning, design and operation that saw people detained illegally. More than 1,100 people were arrested throughout the summit, and most were released without charge. THE CANADIAN PRESS FILE

Mladic genocide trial underway

War wounds.
Former Bosnian Serb commander exchanges angry gestures with victims' families through bulletproof glass in courtroom

Ratko Mladic was a shadow of the swaggering general who once "held Sarajevo in the palm of his hand" during Bosnia's 1992-95 war as his long-awaited genocide trial opened Wednesday in The Hague, Netherlands.

Yet he still managed to inflame Bosnia's festering war wounds with the flick of his hand.

Col. General Ratko Mladic appears in this April 16, 1994, photo.
THE ASSOCIATED PRESS FILE

Hobbled by strokes and wearing a business suit instead of combat fatigues, the frail 70-year-old gestured toward the families of massacre victims in an angry exchange of hand signals through the bulletproof glass that separated them.

Mladic is accused of commanding Bosnian Serb troops who opened the war with a campaign of murder and persecution to drive Muslims and Croats out of territory they considered part of Serbia.

His troops rained shells and snipers' bullets down on civilians in the 44-month-long siege of the Bosnian capital, Sarajevo, and butchered 8,000 Muslim men and boys in Srebrenica in July 1995, Europe's worst massacre since the Second World War.

THE ASSOCIATED PRESS

Montreal protests

Mask ban may face test this week

A federal move to regulate mask-wearing at large gatherings could face a litmus test as early as this week in protest-charged Montreal.

A proposed local bylaw in that city may help foreshadow whether such a plan will do more good or harm.

THE CANADIAN PRESS

War crimes

Taylor says he feels for victims

Convicted war criminal and former Liberian President Charles Taylor said during his sentencing hearing Wednesday that he sympathizes with victims of the civil war in Sierra Leone he helped foment.

THE ASSOCIATED PRESS

Mairead Philpott, who lost six children in an arson attack, at a press conference Wednesday.
RUI VIEIRA/THE ASSOCIATED PRESS

Father describes desperate attempts to save six children from house fire

A father of 17 who lost six children in an arson attack on his central England home described Wednesday how he made a desperate attempt to rescue the siblings after the blaze broke out.

Mick Philpott broke down in tears as he recalled before reporters his thwarted efforts to reach the children, who were sleeping in their beds in upstairs rooms when the fire began to rage in the early hours of Friday morning.

Five of the siblings were killed immediately in the central England city of Derby, while a sixth died in hospital Sunday as a result of his injuries.

Police confirmed that the fire broke out after fuel was poured through the mail box on the front door of the house, and said they plan to question Philpott and the children's mother to determine why the home may have been targeted.

"What I can tell you is that the fire was started deliberately," said Derbyshire police's Assistant Chief Const. Steve Cotterill.

THE ASSOCIATED PRESS

Skechers to pay $40M to settle U.S. charges

False advertising. FTC claims shoe company falsely represented clinical studies

Skechers USA Inc. will pay $40 million to settle charges by the U.S. Federal Trade Commission that the footwear company made unfounded claims that its Shape-ups shoes would help people lose weight and strengthen their butt, leg and stomach muscles.

Wednesday's settlement also involves the company's Resistance Runner, Toners, and Tone-ups shoes and claims of deceptive advertising for those shoes as well.

Consumers who bought the shoes would be eligible for refunds, though it's not clear how much money they'll get. The FTC says that will depend on how many claims are received in the eight-month filing period.

Most of the $40-million federal settlement would be returned to consumers, but a small amount of the settlement would be used to administer the payouts.

The settlement is related to a broader agreement also announced Wednesday that resolves a multi-state investigation led by the attorneys general from Tennessee and Ohio and involving more than 40 states.

THE ASSOCIATED PRESS

Wallet workout

Skechers billed its Shape-ups as a fitness tool designed to promote weight loss and tone muscles with the shoe's curved "rocker" or rolling bottom — saying it provides natural instability and causes the consumer to "use more energy with every step."

- Ads for the Resistance Runner shoes claimed people who wear them could increase "muscle activation" by up to 85 per cent for posture-related muscles and 71 per cent for one of the muscles in the buttocks, said the FTC.

Facebook stock flying high

A taxi passes the Nasdaq MarketSite in New York's Times Square, Wednesday. Facebook says 25 per cent more shares will be sold as investors clamour for a piece of the year's hottest stock offering on Nasdaq, Friday. The entire increase comes from insiders and early investors, so the company won't benefit from the additional sales. Facebook's stock is expected to begin trading on the Nasdaq Stock Market under the ticker symbol "FB". RICHARD DREW/THE ASSOCIATED PRESS

India

Rupee hits all-time low

The Indian rupee hit an all-time low against the U.S. dollar Wednesday.

The rupee hit 54.44 against the dollar, breaching its prior low of 54.39 set Dec. 15, according to FactSet data. The slide helped send the benchmark Sensex index down 1.8 per cent Wednesday.

THE ASSOCIATED PRESS

Google

Modified search engine in the works

Google is introducing a new tool, designed to make its search engine smarter.

The new feature debuting Wednesday draws from a Google-built database of more than 500 million people, places and commonly requested things to provide a summary of vital information alongside the main search results. Google Inc. spent the past two years poring through online encyclopedia Wikipedia, the CIA Factbook and other sources to expand a database of 12 million items that it picked up as part of its 2010 acquisition of Metaweb.

The information warehouse, which Google calls a "Knowledge Graph," is an attempt by the Internet's dominant search engine to provide answers as quickly and concisely as possible so users don't have to sift through a hodgepodge of web links displayed on the main results page.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.75¢ US (-0.57¢)

TSX 11,326.08 (-16.97)

OIL $92.81 US (-$1.17)

GOLD $1,536.60 US (-$20.50)

Natural gas: $2.618 US (+11.8¢)
Dow Jones: 12,598.55 (-33.45)

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HIS MUSIC AT WORK

HE SAYS...
John Mazerolle
metronews.ca/hesays

So, I just heard a new Tragically Hip song playing on TV and ran into the living room like there was a fire.

Actually, that's not true. If there had been a fire, I would have just panicked in its general direction, or maybe called my parents for one of my "How do I do cook/clean/kill this?" calls, to ask if they had any quick household tips to avoid smoke inhalation.

But when I heard lead singer Gord Downie's voice, I leapt into action, barrel-rolling into the room like lives were at stake, and grabbed both sides of the TV screen ready to give it mouth-to-mouth if necessary.

I admit I may have a problem.

I will go long periods of time as a normal person, then a new Tragically Hip album comes out and I become like those girls that are always fainting at the sight of Justin Bieber's hair. As a 35-year-old professional with some vestiges of dignity, I keep it cool, but inside, my heart is screaming, "OMG sooo exiteeed justin hold me retweet me impregnate me!!!" Or the emotional equivalent.

I have also walked past Gord's house because I wanted to see what it looked like (it looked like a house).

The Hip are my band. I own them. No doubt you own a band, too — probably acquired between the ages of 17 and 21, to give ample time to get Billy Joel/MC Hammer/Bieber cleansed from your system. (If you like those performers, remember that music is a completely subjective endeavour that you still somehow got wrong.)

So Hard Done By

As a 35-year-old professional with some vestiges of dignity, I keep it cool, but inside, my heart is screaming, "OMG sooo exiteeed justin hold me retweet me impregnate me!!!"

Occasionally, you share your band at a concert, or a card game, but more often than not, they're just yours. You criticize your band sometimes, because you love it, but if anyone else criticizes it, there's hell to pay.

Owning a good band keeps you young. Either it breaks up and your memories of it become frozen at that 'final' age, or they stay together and you feel like time isn't passing at all.

Take the Hip: More time separates today from New Orleans is Sinking than separated New Orleans is Sinking from Let it Be. But when I listen to the Hip, it's hard to distinguish from how I felt when I was 17 or 27. It's not nostalgia, exactly — more like timelessness. That's a corny thing to say, I know, but my ownership of the Hip has been a long time running.

Now if you'll excuse me, I need to call my parents. I want to ask them the best way to clean the TV before I put my lips on it.

Our columnist's extreme love of the Tragically Hip has been a long time coming. KEVIN FRAYER/THE ASSOCIATED PRESS

Commuting by centipede

RICHARD VAN DER KLAAUW/METRO HOLLAND

Future transport

'Superbus' gets the green light

In a ceremony in Valkenburg, Netherlands, Holland's Minister of Infrastructure and Environment Melanie Schultz van Haegen on Tuesday attached registration plates to the Superbus, a Batmobile-style public transit vehicle that could whisk morning commuters off to work at super-fast speeds in the near future.

METRO HOLLAND

Designer's view

"You can reach the Superbus by telephone or via an app on your smartphone. The bus brings you everywhere you want to go."

Superbus designer and former Dutch astronaut Wubbo Ockels
After getting the green light from the Dutch government as a road-worthy vehicle, the Superbus will now undergo a further two years of development and testing of the prototype.

Plans for development

Need for speed

A ride with the Superbus will not cost you more than a second class train ticket. The first route, which still has to be built, will connect the cities Heereveen and Groningen. When the route will be ready is still unclear. All Dutch highways will have to add an extra high-speed lane on which the bus can travel up to 210 kilometres per hour.

METRO HOLLAND

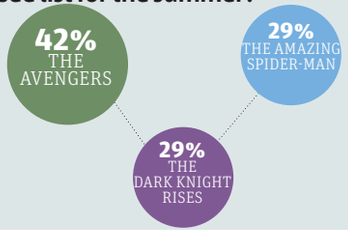
Facts and figures

- **Length.** 15 metres (twice the length of an adult killer whale)
- **Weight.** 9,500 kilograms fully loaded (heavier than a Tyrannosaurus rex)
- **Power source.** Electric motors powered by lithium polymer battery pack and regenerative braking

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which superhero movie tops your must-see list for the summer?



Twitter

@JenOntheBlock_7: Down 5 lbs in 3 days. Watching what you eat works! #duh

@JenPTin: Mother Nature is a woman because she's unpredictable. You never know what weather curveball she's gonna throw at you next.

@BrianGibson13: Good, rainy morning #ldnont! Hope I'll see you tomorrow at the last @citysymposium of the season, going to be a great night!

@JaimiChambers: Let's get louder #ldnont and make our voices heard! Let's #savebethesda!

@FadawiGh: Dear western why do your books have to be so damn expensive, isn't summer school tuition enough?! #UWOProblems #StudentLife #UWO #students

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The Domino effect

The boys are back.
Barely out of their teens, Say Domino release their first live recording in two years and start their own promotions company

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Say Domino is back.

The band (composed of brothers Eric and Steve Lourenco and their longtime friend Matt Trocchi) released its debut EP in 2010, played a bunch of shows, then took a hiatus from performing in London. But on Friday night, the band will return to the stage at APK Live and release its first recording in two years.

"There aren't really expectations," says Trocchi. "Most people don't think we're still a band, so to play for the first time in eight months and come back with new songs is going to be fun."

It's not that the boys haven't been busy. Between juggling school and work, they started a promotions company, Half a Dino, putting a focus on local music. Trocchi and Steve Lourenco also teamed up with members of local rock outfit Wild Domestic to form Lewis Gayfield, now a staple in the city's music scene. Eric Lourenco did the same with Wild Domestic's Zachary Hoffman, forming I Smell Blood, a bass-drums punk duo.

"I think playing in those other bands has just made us better," says Trocchi. "We can play with our eyes closed. We've been doing this for six, almost seven years, and we understand each other. We're focusing on the same goals now."

Around town

- If banjo is more your style, stop by London Music Club Friday night to see Old Man Luedecke. Del Barber opens the show. Tickets are $20 at the door.

It's hard to believe the band has been together that long, given that the average age of its members is only 19. When they broke out in London, drummer Eric was only 15. In 2009, they won the Jack Richardson Music Award for best youth band. But the band has been doing this for a while already, and has matured dramatically in a short time.

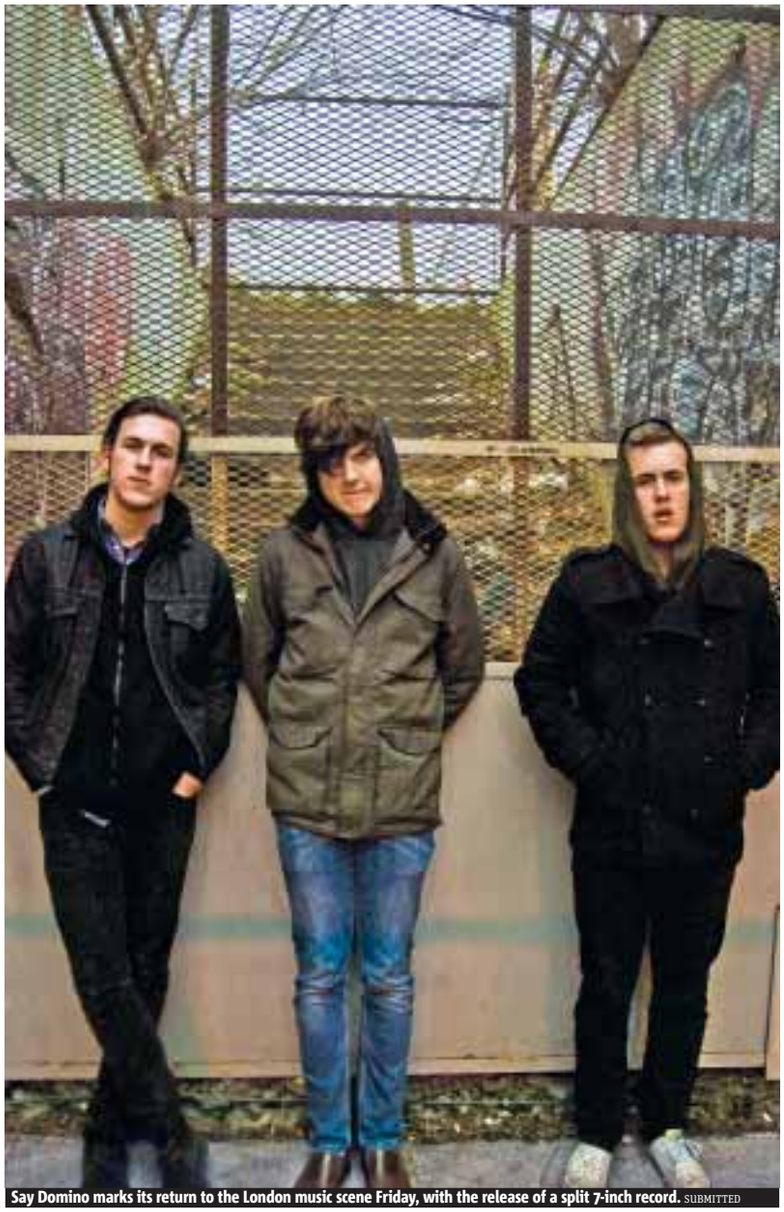
"It's been two pretty big years in our lives, the difference between 18 and 20 is significant. Steve and I are living together now," says Trocchi. "We're together all the time and can write songs at any time. Say Domino is definitely our priority. This is what we want to do."

On Friday Say Domino will release a seven-inch vinyl pressing, split between three bands on the Out of Sound Records label.

Say Domino's track Yeah, I am Stuck spins on side A, followed by songs from London's Lonnie in the Garden and Guelph's Whoop-Szo. All three groups explore similar threads of experimentation, working with noise and melody to create unique, distinctive rock.

"We're all good friends and work together already on the same label. It just made sense," says Trocchi. "Lonnie and Whoop-Szo share a side because their songs are a little softer, while ours is crunchier."

On Friday, Say Domino will perform alongside Lonnie in the Garden and Toronto's Lava and Ash. Tickets are $10 at APK Live, Hot Dog Music or Grooves Records. Music starts at 9 p.m.



Say Domino marks its return to the London music scene Friday, with the release of a split 7-inch record. SUBMITTED

2 SCENE

Bio adaptation

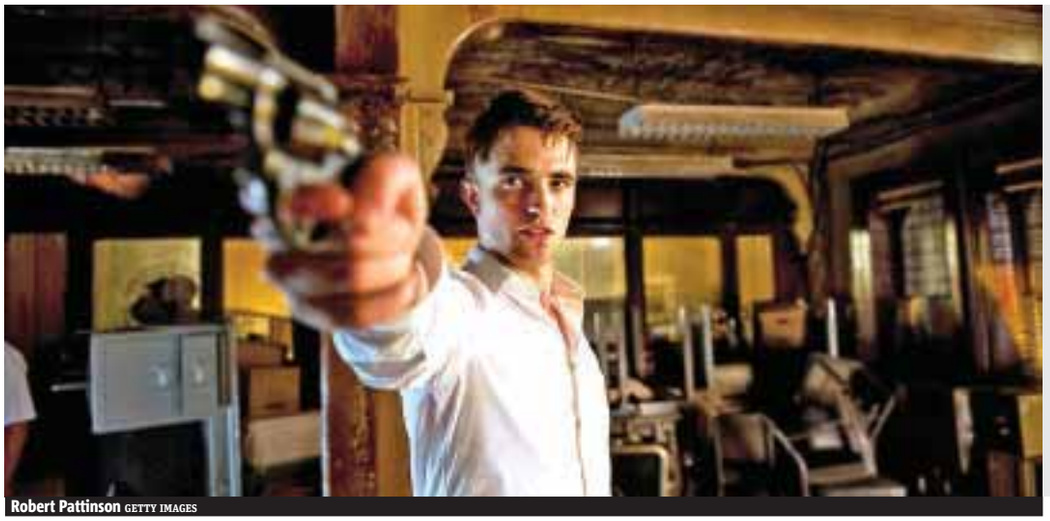
Sorkin to focus on Apple after Facebook film

Aaron Sorkin is going from Facebook to Apple. Sony Pictures officials say the Oscar-winning writer will write a screenplay based on the Steve Jobs biography. Sony Pictures co-chairman Amy Pascal says Sorkin will make the film about the late Apple founder "everything that Jobs himself was: Captivating, entertaining and polarizing."
Sorkin won the adapted screenplay Academy Award for 2010's The Social Network. The 50-year-old writer was nominated in the same category for 2011's Moneyball.
THE ASSOCIATED PRESS

On the web

Finale of Desperate Housewives brings 11 million viewers to ABC on Sunday

Robert Pattinson lights up the screen in Cronenberg flick



Robert Pattinson GETTY IMAGES

David Cronenberg talks Cosmopolis. Canadian director discusses latest film, and raves about the Twilight heartthrob's performance

JÉRÔME VERMELIN
Metro World News in Cannes

A few months after squaring off Freud and Jung in A Dangerous Method, Canadian director David Cronenberg is back with Cosmopolis. The adaptation of Don DeLillo's novel follows the adventures of young businessman Erick Packer as he makes his way around New York in a limousine — a journey that is packed with violence and sex. No one comes out unharmed. Alongside Twilight heartthrob Robert Pattinson, we find Paul Giamatti, Samantha Morton and two French actors, Juliette Binoche and Mathieu Amalric. The winner of the Special Jury Prize in 1996 for Crash and a hopeful again this year with Cosmopolis, Cronenberg speaks to Metro before the film's premiere on May 25.

How did you go about adapting Don Lillo's novel?
DC: "I wrote the script in six days. The first three days I re-transcribed the entire dialogue. The following three, I added descriptions for each scene. The monologues going on in Packer's mind I made into visuals. I am incredibly excited about this film and even more so Pattinson's performance."

Choosing to cast Robert Pattinson in the lead role may have come as a bit of a shock for some of your fans…
DC: "Rob is a wonderful actor and I think he will surprise more than a few. Because he's young, handsome and the star of the Twilight Saga, some people have come to the unfair conclusion that he is a bad actor. I am well aware of that. But I can assure you that he is incredible and a very hard worker. I can't wait to work with him again. In fact, I even told him I would love to cast him alongside Viggo Mortensen in the future."

Have any celebrities contacted you directly to ask if they could work with you?
DC: "Most of the time they tell their agent to tell my agent they want to work with me. Sometimes I ask to work with an actor without knowing if they have ever seen one of my films. That was the case with Rob. It just so happened he was very familiar with some of my work. On set (for Cosmopolis) I remember he and Juliette Binoche getting into deep conversations about obscure French films. He's a film fanatic."

Lights, camera, Cannes!
Artistic director's film selection savvy

Cannes artistic director Thierry Frémaux reveals to Metro the key to successfully executing every film enthusiasts' dream job.

In a few words, describe what your job as artistic director entails?
TF: "The most important task is coming up with the final selection. We see hundreds and hundreds of films, but we can only keep 50/60 per cent of them. We are also aware that our selection needs to be coherent and approved within the industry. And the rest of the time, well, we are busy putting together the world's biggest film festival."

Does the job require any key diplomatic skills?
TF: "Human qualities are enough. The same you need to get by in everyday life! Otherwise, appreciating other people's opinion, the ability to admire someone else's work and having an open mind. I also think you need to lead the life of an athlete and prioritize focus, sleep and diet."

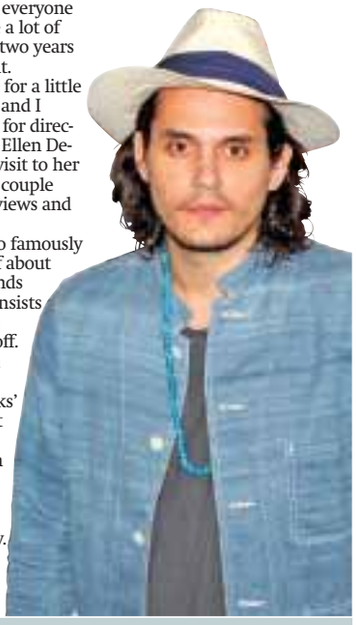
Being a film lover yourself, do you sometimes have to make concessions when it comes to your personal likes and dislikes in the industry?
TF: "No, there are no concessions to make. My job isn't about choosing what I like and refusing what I don't like, it's about making the best possible selection. I could tell you about lots of films I loved that did not make it through to the final selection."

Can you imagine your life without the Cannes Film Festival?
TF: "I worked in Cannes long before getting this job. For me, this time of year has always been special. Now it's exceptionally special."

As a teenager, how did you imagine the festival to be like?
TF: "As something extraordinary. Not for the glittery, celebrity side of it all but for its amazing history and cinematic diversity."

And now, how do you see it?
TF: "As a privilege."
METRO WORLD NEWS IN CANNES

Mayer wisens up



John Mayer wants everyone to know he's done a lot of growing up in his two years out of the spotlight.

"I lost my head for a little while. I lost touch and I didn't want to ask for directions," Mayer tells Ellen DeGeneres during a visit to her talk show. "I did a couple really dumb interviews and it woke me up."

The singer, who famously shot his mouth off about famous ex-girlfriends and racial issues, insists he's calmed in the intervening time off. "I think back then I would have said, 'Give me two weeks' or like, 'Let me get out and do Ellen and let me explain myself," Mayer says.

"It was like, 'No, idiot. Go away. Be 33 and 34 instead of 28 for the fourth year.'"

Gaga banned from performing in Jakarta

Lady Gaga

Lady Gaga has been denied a permit to perform in the city of Jakarta according to E! News.

The singer was reportedly banned from Indonesia all together after an outpouring of criticism from Islamic activists, but a spokesperson for the Indonesian national police would only confirm that she would not be allowed to go ahead with her scheduled show on June 3. Officials pulled the permit out of fear that they would not be able to control protesters at the event. Lady Gaga's rep has yet to comment.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Forgive us, Miley Cyrus

MONICA WEYMOUTH
scene@metronews.ca

It seems we owe Miley Cyrus an apology. While we were rooting against her as rumours circled that she might land a spot at the X Factor judges' table, she was busy being an adult with a real life and rescuing dogs.

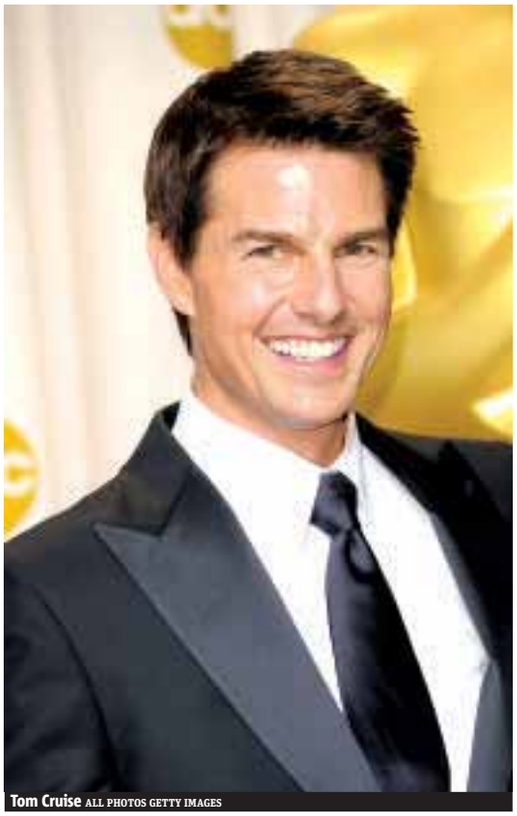
Earlier this month, the starlet brought home Happy, a beagle mix who was left outside a Wal-Mart, and over the weekend she added a fifth rescue pup, Mary Jane, to her collection.

"Meet the newest addition to our family Mary Jane," Cyrus tweeted. "I love rescuing."

And apparently, Cyrus' dogs live — and sleep — pretty comfortably.

"As all my dogs jumped on my face the first words out of my mouth this morning ... 'I am living my dream life,'" she tweeted later.

Miley, we have to admit, we seriously underestimated your idea of a dream life with Mary Jane. Consider this your summer get-out-of-the-gossip-column-free pass — and tell your girl Lindsay about our limited-time deal.



Tom Cruise ALL PHOTOS GETTY IMAGES

Tom's OK with the haters

Tom Cruise has gotten over his couch-jumping period, but he's not mad at other people for dwelling on his past moments of erratic behaviour.

"Do I make mistakes? Yeah. I don't care who you are, life has challenges," Cruise tells Playboy magazine. "I remember as a kid I wanted an adventurous life, and I've gotten it. So if someone judges me harshly, it's OK. I don't even judge them harshly for doing it."

Lawsuits not over for Travolta

Although the first man to accuse John Travolta of sexual battery dropped his lawsuit, he's since hired another attorney, and it's none other than the high-profile civil rights lawyer Gloria Allred.

"I represent John Doe No. 1. Mr. Doe's lawsuit was dismissed without prejudice which means that he is still legally entitled to file another lawsuit against John Travolta if he chooses. We are in the process of conferring with him regarding the next steps which he may wish to take," Allred said in a statement.

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SHOPPERS DRUG MART

Start season with a bang

Victoria Day. Here's how to celebrate the long weekend with a crowning success of a party

Summer is a time to kick back in the backyard for a party with some friends. ISTOCKPHOTO/THINKSTOCK

YLVA VAN BUUREN
For Metro

Saying happy birthday to a Queen is a royal reason to have your first party of the season and this year, Queen Elizabeth's Diamond Jubilee is the ideal theme, says Pia Wiesen, who owns Pia's in Orangeville, Ont., and loves to entertain.

"I would be sure that diamonds sparkled up the invite somehow."

Celebrating all things regal should continue as guests arrive, says Julie Albert, co-author with her sister Lisa Gnat, of Bite Me Too. You could have waving (dollar store) Union Jack flags in your outdoor planters, red, white and blue (Christmas) lights decorating the post and railing of your deck, "British" music playing such as The Clash singing London Calling, and the offer of a mixed cocktail such as a Big Ben!

"Something lighthearted always puts your guests at ease … automatically they're having a good time!"

Start the party outside, says Wiesen, and if the weather is on the cool side have a patio firepit or fire bowl that guests can congregate around. Add citronella candles or torches to keep the bugs away and spray-on sunscreen for those who want it, and everyone should stay comfortable.

If your party starts early enough, invite guests to play no-skills-required lawn games such as Frisbee, badminton or croquet.

A buffet-style dinner is the way to go — and it moves indoors easily if need be. Don't use your fancy dishes, says Albert. Instead, set the table ahead with a table cloth, sturdy plastic dishes, and red, white and blue napkins.

WHAT'S FOR DINNER

Wiesen suggests a dinner that focuses on a selection of salads that you can prepare ahead. Serve with sliced, oven-roasted beef tenderloin, a basket of fresh bread, and a bottle of rosé. Here are three salad recipes.

1 **Salad Nicoise:** On a platter, arrange greens, small cooked potatoes, chopped eggs, tomatoes cut into wedges, and olives. Top with sliced seared salmon or tuna. Cover and refrigerate until ready to serve.

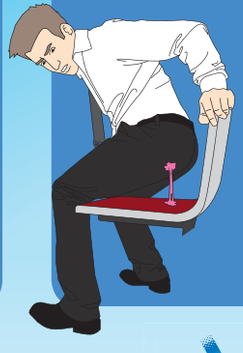
2 **Seasonal Asparagus:** Steam asparagus and put it on a platter with a small bowl of Hollandaise or mayonnaise mixed with chives. Arrange thinly sliced prosciutto on the side. Cover and refrigerate until ready to serve.

3 **Pia's Caprese Style Salad:** Cut tomatoes and Buffalo mozzarella cheese into bite-sized wedges. Arrange on a platter and top with sliced red onions, finely chopped garlic and fresh thyme. Cover and refrigerate. To serve, drizzle with olive oil and balsamic vinegar.

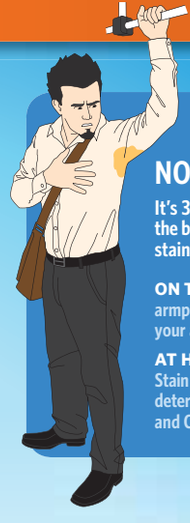
A COMMUTER'S GUIDE TO LAUNDRY STAIN REMOVAL
Those tough commuting stains don't stand a chance with these handy stain-removal tips.

CLOROX2 STAIN FIGHTER

THE HALF-CAF LATTE ON YOUR NEW BLOUSE.
As if mornings weren't bad enough, now you've got one tough coffee stain to deal with.
ON THE GO: Rinse the stain from the back with cold water to prevent the stain from sinking deeper into the fabric. Don't use bar soap – it may cause the stain to set.
AT HOME: Apply Clorox2® Laundry Stain Remover Spray directly on the stain. Let stand for 5 –10 minutes then wash immediately with your favourite detergent.



GUM. UGH.
The good news – you got a seat on the subway! The bad news? You just sat on some gum. Gross.
ON THE GO: Rub the gummy area with ice and carefully scrape away any excess gum as soon as possible.
AT HOME: Before washing, apply Clorox2® Stain Fighter & Colour Booster liquid formula directly into stain. Wash immediately.



NOT-SO-MELLOW YELLOW.
It's 30° outside – but it feels like 100° on the bus. You can almost sense the big yellow stain forming around your armpits.
ON THE GO: Okay, it's kinda hard to remove armpit stains on the go. Your best bet? Keep your arms down until you get home!
AT HOME: Pretreat with Clorox2® Laundry Stain Remover Spray. Wash with your favourite detergent along with one Clorox 2® Stain Fighter and Colour Booster concentrated pack.

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A pool party is one way to keep things fun during the summer. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

How to be cool with these pool party tips

Spontaneity. It will feel like the dock at a cottage ... but in your own backyard

YLVA VAN BUUREN
For Metro

Sometimes the best pool party happens spontaneously, says Meagan Richardson of the Pool and Hot Tub Council of Canada.

"When I wake up and it's a beautiful day," says Richardson, who has a large L-shaped pool in her backyard in Mississauga, Ont., "I send a text to all my friends and start planning food and beverages."

For your last-minute pool party, here's what you need to do.

1 Decorate if you have time, with Tiki torches, patio lanterns and inflatable palm trees.

2 Set up citronella candles to keep bugs away.

3 Prepare "beach" music on your iPod in advance ... think artists such as the Beach Boys, Jimmy Buffett and Bob Marley.

4 Stock up on lots of ice for drinks.

5 Give your guests a specific start time for the party — and also an end time if that's important to you.

6 Ask guests to bring a towel, but have extras around, too.

7 Suggest guests bring long-sleeved cover-ups.

8 If kids are coming, be sure to have a designated lifeguard or babysitter.

9 Identify a change area — a cabana in the backyard or a bathroom inside.

10 Be sure there is lots of shade available — trees, an overhead awning or umbrellas.

11 Put sunblock out for your guests.

12 Stock up on pool games such as a water volleyball set.

13 Set up a buffet table and keep it filled with snacks such as tortilla chips and salsa, pita and hummus and even chilled gazpacho and bread.

14 Set out plastic plates and glasses for around the pool — no glass allowed.

15 Remind everyone to be responsible if they are drinking alcohol.

16 Keep a pitcher of cold water on the buffet table along with other non-alcoholic choices.

17 Keep lunch or dinner casual — burgers, sausages or hotdogs on the barbecue. Add a couple of easy summer salads ... everyone will love it.

18 Put a few garbage receptacles out.

19 Have several side tables for drinks and food.

20 Alert the neighbours about your pool party — better yet, invite them.

Pool rules

Pool & Hot Tub Council of Canada provides these guidelines to help make backyard swimming pools as safe as possible.

- Adult supervision is mandatory when children are swimming.
- Encourage swimming lessons and first aid instruction for all family members.
- Keep pool chemicals in a locked area away from children and pets.
- Encourage walking — no running — around the poolside.
- Always swim with a buddy.
- Be responsible when alcohol is on the menu.
- Post "no diving" signs if you have an above-ground pool and in the shallow end of in-ground pools.
- Keep rescue equipment (pole, rope) and a first aid kit nearby.
- Post safety rules.

3 LIFE

Style in brief

Simpson to launch maternity line

Brand-new mother Jessica Simpson is launching a line of clothing for moms-to-be. With it all still fresh in her mind, the 31-year-old singer-actress, who gave birth to daughter Maxwell Drew Johnson on May 1, announced Monday a partnership between Camuto Group, the master licensee behind her label, and retailer Destination Maternity. The clothes, with a hint of a 1970s vibe, will be in stores in the fall. Simpson said the styles aim to be "flattering to your baby bump." Simpson famously tweeted while pregnant that she dreamed she went to the hospital wearing an animal-print kaftan. This collection builds on her already strong fashion portfolio, with 24 product categories, including clothes, jewelry, shoes and beauty products. Simpson is a regular on NBC's Fashion Star reality competition show.

THE ASSOCIATED PRESS

On the web

Combatting chlorine: Wet hair, damp skin can leave swimmers feeling dry

Nine summer updates for your beauty cabinet

We talk to a makeup artist, facialist and dermatologist to discover the skin and makeup products you'll need to get you through months of pore-clogging summer heat

ROMINA MCGUINNESS
life@metronews.ca

The facialist: Una Brennan

Una Brennan's famous clients include the always luminous Sienna Miller

SkinCeuticals CE Ferulic, $146, skinceuticals.co.uk
"This is such a powerful antioxidant serum. Not only does it protect and repair the skin from external aggressors, it helps stimulate collagen for more youthful looking skin. I never go a day without it and believe everyone should use a topical vitamin C antioxidant in this form."

Clarisonic, Opal Sonic Infusion, $185, clarisonic.com
"This is fantastic for kick-starting under eye lymph drainage, which is a massive bonus for those who suffer from puffy eyes or dark circles. It also helps your eye cream penetrate the skin more easily. Perfect after a late night out."

Epicuren Acidophilus Probiotic Facial Cream, $22, epicuren.com
"Perfect for even the most sensitive skin. My favorite moisturizer for calming redness and inhibiting breakouts, this cream will make your skin clear and glowing."

The makeup artist: Francesca Tolot

Tolot has worked on the perma-flawless Beyoncé Knowles.

Chanel, Illusion d'Ombre Eyeshadow in Illusoire, $36, chanel.com
"Even in balmy temperatures, this eyeshadow won't crease and cake up on the eyelids or cause uncomfortable powdery heaviness.

The taupe shade is a universal colour that adds depth to the look in your eyes."

NARS Blush Bronzer Trio in Laguna, Albatross and Orgasm, $63, narscosmetics.com
"When it's hot and humid your face doesn't need to be smothered in makeup. Unless you have bad skin, avoid heavy foundation in the summer. This palette is the perfect alternative to foundation if you want extra shimmer."

Dior Vernis in Nirvana, $23, dior.com
"Summertime means exposed hands and toes, so you need to get the color right. I love darker, vibrant shades (even in summer!) as they look beautiful on anyone but for something a bit more out there, I love the turquoise Dior Vernis Nirvana. It's a colour that requires commitment, but it's worth the risk."

The dermatologist: Dr. Lisa Airan

Airan's celebrity credentials include the swoon-worthy Tom Ford.

Clarisonic Skincare Brush, $225, clarisonic.com
"In the summer, sweat, oil and dirt can clog up your pores. Use this brush to clean, soften and smooth skin. It also removes six times more makeup and twice as much dirt than any other method."

Neutrogena Ultra Sheer Dry-Touch Sunscreen SPF 70, $11, Neutrogena.com
"If you're planning on spending the day soaking up the sun, this is the best sunscreen to use. It's ultra-lightweight and contains Helioplex that provides broad UV coverage."

Elure Advanced Lightening Lotion and Facial Wash, $30 and $150, elureskin.com

"Exposure to the sun can lead to uneven skin tone and the appearance of brown spots. Use the facial wash to remove dirt and dead skin cells (caused by the sun) and then apply the lotion to even out skin pigment and reverse sun damage. Wash your face first as the cleanser increases the lotion's effectiveness by temporarily lowering the pH of your skin."

The poster child of style

Starting an art collection? Poster art has moved far beyond the teenager's bedroom and into the realm of high design

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wanting to start curating your own art collection at home? An inexpensive and easy way to start is with vintage (and new) posters.

Vintage posters are highly collectable and can be found at yard sales, through online dealers and vintage book shops, whereas new posters are available at a multitude of online retailers and in store.

"Vintage posters are a great way for someone to foray into the collector's world; posters can easily be sent around the world in shipping tubes and there are a multitude of graphics to choose from," says Troy Seidman of Caviar20.com, a 20th century art and design online boutique.

What's hot: For the past few years, people have gravitated toward collecting vintage posters with themes of wine, spirits and food. With the anticipated Olympics this summer, many collectors are focusing on travel and sport-related posters. Always popular poster themes are foreign language, superheroes and classic movie posters.

How to buy: A vintage poster can cost $50 to $1,000 depending on condition, age and availability whereas a new poster can cost $5 to $200, depending on the size, printing process and paper stock.

Most posters ordered online are shipped in a protective cardboard tube, with the framing left to the buyer.

When shopping for a vintage poster, it's best to let the seller know what themes you are interested in buying so they can put together a tightly curated collection of options for you to choose from; that way you won't become overwhelmed with all the images and themes available.

World's Fair wall poster (new), hand-printed on museum-quality paper, unframed, 24-x-36 inches, $110 BEDBATHANDBEYOND.CA

Sources: For 20th-century collectable posters, check out caviar20.com; they've got a great selection of cultural and modern art posters. For new posters go to society6.com — there you'll find a great selection of superhero themes that can be ordered in a variety of sizes.

Most large home decor retailers like Bed Bath & Beyond have cashed in on poster art as a popular decor element and sell their favourites already framed. Keep in mind that these posters may look vintage but you'll have to wait a long time before they gain collectable status.

If buying posters at auction or yard sales, make sure to do a good inspection for fading, fold lines, rips and tape marks, as any of these will decrease the collectable value.

Any poster with an original artist signature is a must-buy, no matter what the condition.

A collectable poster can be inspiration for decorating an entire room. CONTRIBUTED

Frame it

As most posters are sold unframed, it'll be up to you to protect your new art by framing it appropriately.

Think simple; people tend to over-frame posters with large, very ornate frames as if they were 200-year-old Italian paintings. This takes away from the poster itself and most often looks out of place. A clean-lined dark stained or black wood frame usually does the best job. For large posters, ask about plexi-plastic front rather than glass; although it scratches easier than glass, plexi is lightweight and shatter-proof.

Shown is the First Avenger (new), gallery-quality giclee print on cotton paper, 20-x-26 inches with walnut frame $68 SOCIETY6.COM

Let there be light

Easy fixes for everyday household dilemmas

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the butler: Having recently retired from 30 years in the hotel industry (sales), I truly believe in proper etiquette and good customer service.

Today I have two questions:
1. How would you recommend cleaning fabric lampshades?
2. Any ideas on how to prevent clothes from getting caught in fitted sheets in the dryer?
Wishing you continued success,
Mary

Dear Mary,

Thank you for your kind words! The first question is easy — cloth lampshades should be cleaned with a soft vacuum brush attachment.

Remember that dust attracts grease, so vacuum them often to keep them dust-free. I would say to clean them monthly.

Now, your second question is a great one — but unfortunately I have no answer for it.

I hope that some reader out there may have the answer and if so, please write in and tell me your thoughts so that I can learn and help everyone along the way.

Warm wishes,
Charles the butler

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

How do your properly clean a cloth lampshade? ISTOCK IMAGES

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Discover the Italian flavours that exist beyond spaghetti

DINNER EXPRESS
Emily Richards
food@metronews.ca

This classic flavoured stew known as "hunter's stew" offers up chunky pieces of vegetables and duck that will become a favourite for all your guests.

Serve this dish with fettuccine pasta or mashed potatoes to soak up the rich tomato sauce.

Look for the whole duck in the freezer section of the grocery store and let it thaw completely in the refrigerator for about 24 hours before use.

Ingredients

- 1 King Cole whole duck, about 5 lbs/2.5 kg
- 1/4 tsp (1 mL) each salt and pepper
- 1 large onion, chopped
- 6 cloves garlic, minced
- 1 lb (500 g) button mushrooms, quartered
- 1 each red and green bell peppers, chopped
- 1 tbsp (15 mL) dried oregano
- 1 tsp (5 mL) dried basil
- 1/2 cup (125 mL) dry red wine
- 1 can (28 oz/796 mL) diced tomatoes

1. Trim excess skin and fat from duck and reserve for another use. Cut duck into 6 pieces and remove backbone for another use. Sprinkle salt and pepper all over duck pieces.

2. Heat large shallow Dutch oven over medium high heat and brown duck on both sides. Remove to plate. Remove all but 1 tbsp (15 mL) of the rendered fat in the saucepan.

3. In same pot, over medium high heat, cook onion, garlic, mushrooms, peppers, oregano and basil for about 15 minutes or until vegetables are beginning to brown. Pour in wine and stir vegetables to deglaze pan. Add tomatoes and bring to boil.

4. Return duck to pot. Reduce heat, and simmer covered for about 1 hour and 15 minutes or until duck is falling off the bone. Uncover and cook for 15 minutes to thicken the sauce slightly.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Duck Cacciatore

This recipe serves four to six people. EMILY RICHARDS

Cookbook of the Week

Gourmet Italian: All-Time Favourite Recipes

It's no secret that Canadians are in love with Italian food. Over the years, Gourmet magazine helped shape tastes and expand repertoires from pizza and spaghetti to risotto and panna cotta.

For this sterling collection, the magazine's editors chose their best from the hundreds of Italian recipes published over the years. Most are perfect for easy entertaining and include: Calamari Salad, Quick Chicken Ragu, Lasagna Bolognese and luscious Tiramisu.

Each recipe comes with cooking times and kitchen tips. **METRO**

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Pancetta cream sauce: The ideal spring taste

A light mild creamy sauce cloaks each strand of pasta and makes a simple and quick springtime favourite. Team this dish with fresh local asparagus.

1. In pot of boiling salted water, cook pasta 10 mins. or until tender; drain well and return to pot.

2. In skillet, melt butter over medium heat; add garlic and shallots, and sauté for 1 minute or until lightly browned.

3. Add pancetta and sauté 5 minutes or until starting to get crispy. Add wine; bring to boil and stir until most of the liquid has evaporated.

4. Stir in cream and bring to boil. Reduce heat and simmer gently, stirring often, 3 minutes. or until slightly thickened. Stir cream mix and eggs into pasta; return to low heat for 2 minutes while tossing to coat. Season with salt and pepper to taste. Sprinkle with Parmesan cheese. **THE CANADIAN PRESS/ GAY LEA BUTTER/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Serves two. THE CANADIAN PRESS H/O

Ingredients

- 175 g (6 oz) linguini
- 15 ml (1 tbsp) butter
- 15 ml (1 tbsp) each chopped garlic and shallots
- 90 g (3 oz) pancetta, diced
- 30 ml (2 tbsp) white wine
- 250 ml (1 cup) 35% whipping cream
- 2 eggs, lightly beaten
- Salt and pepper
- Freshly grated Parmesan cheese

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NFL

Break-in comes after Seau's death

Junior Seau's home garage was burglarized days after the former NFL star's suicide, police said Wednesday.

The burglary occurred on May 7 police said. A $500 bicycle belonging to a friend of Seau was stolen. THE ASSOCIATED PRESS

Tennis

Federer rides wave to No. 2 in rankings

Fresh off a title in Madrid and back up to No. 2 in the world, Roger Federer showed off his strong form with a routine 6-3, 6-4 win over Carlos Berlocq in his opening match at the Italian Open on Wednesday. THE ASSOCIATED PRESS

Roger Federer in Rome Wednesday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Cycling

Ferrari floors it in Giro Stage 11

Roberto Ferrari sprinted to his first Grand Tour stage win in the 255-kilometre 11th leg of the Giro d'Italia Wednesday, while Joaquin Rodriguez kept top spot.

Victoria's Ryder Hesjedal was 17 seconds back of the lead. THE ASSOCIATED PRESS

NBA

"It was a long journey, it was a painful journey."

Larry Bird, who was voted NBA Executive of the Year Wednesday. He is the first person to be named the NBA's top executive, coach and MVP. Bird's Indiana Pacers finished third in the Eastern Conference at 42-24 and had struggled since a brawl in Detroit in 2004.

Coyotes bring the ruckus, but Kings keep on rolling

NHL. L.A. in command of series heading back home after Phoenix's attempt to push physical envelope fails in Game 2

The Los Angeles Kings took the hard hits, some of them questionable, and forged ahead.

The way they've played so far in the playoffs, they saw no reason to get caught up in another team's frustrations.

Discouraging Phoenix with their combination of skill and grit, the Kings took control of the Western Conference final with another dominating performance, beating the Coyotes 4-0 on Tuesday night.

Jeff Carter scored three, Jonathan Quick stopped 24 shots and Los Angeles heads back home with a 2-0 series lead after flummoxing the Coyotes in two games in the desert.

"We're not here to worry about it (dirty play)," Kings defenceman Rob Scuderi said. "We came to get the game and we got it."

The Kings shook off big hits and continued on a roll that began late in the regular season.

L.A. has now won seven straight overall, tied an NHL record by opening the playoffs 7-0 on the road, and matched another by winning nine straight road playoff games over two seasons. The New York Islanders won two Stanley Cups while winning nine straight on the road from 1982-83.

"It's a mindset; we get away, there's no distractions," Carter said. "For some reason, this team likes to play on the road."

Phoenix was hit with a string of penalties starting late in the second, including a game misconduct to Shane Doan for boarding Kings centre Trevor Lewis. Martin Hanzal also received one for a hit on Dustin Brown in the third and was suspended one game on Wednesday for the hit. The Coyotes had 56 penalty minutes — most coming after the final five minutes of the second.

"I think the frustration level sets in," Coyotes goalie Mike Smith said. "You're in the penalty box that much against a team that's in the conference finals, you're going to pay." THE ASSOCIATED PRESS

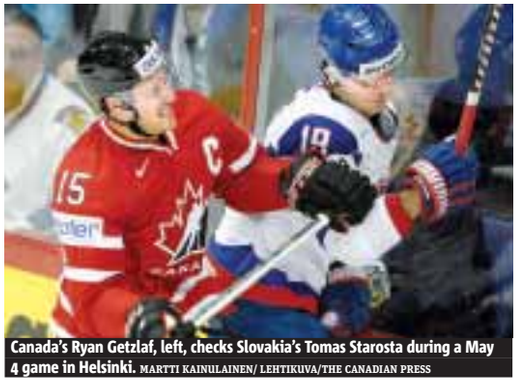
By the numbers

3

Jeff Carter's hat trick on Tuesday was the Kings' first since Wayne Gretzky's in 1993.

Jeff Carter helps Dustin Brown to his feet after the Los Angeles captain was checked from behind by Martin Hanzal Tuesday night in Glendale, Ariz. Hanzal was suspended one game for the hit on Wednesday. CHRISTIAN PETERSEN/GETTY IMAGES

Canada looks to rise to occasion vs. Slovakia



Canada's Ryan Getzlaf, left, checks Slovakia's Tomas Starosta during a May 4 game in Helsinki. MARTTI KAINULAINEN/ LEHTIKUVA/THE CANADIAN PRESS

There was no sign of the mounting pressure.

As Canada moved into crunch time at the IIHF world hockey championship on Wednesday, it did so amid a calm, easy-going atmosphere in Helsinki. The players were put through a light skate ahead of Thursday's quarter-final against Slovakia but admitted after that the heat had been turned up ahead of a must-win game.

"You want to make your country proud," said goaltender Cam Ward. "You feel like Canada's going to be watching and you don't want to let them down. There's a lot of pressure to perform, but that pressure should bring the best out of you."

Quoted

"It's basically one game, anything can happen."

Zdeno Chara, captain of Team Slovakia.

The Slovaks find themselves unburdened, having already accomplished their goal of earning automatic entry to the 2014 Olympics by virtue of getting to the playoff round.

"It's a nice feeling," said captain Zdeno Chara. "(Qualifying for the Olympics) is something that it's very important for Slovakia, for the people back home and obviously for the sport itself. We are not done yet."

Canada enters as the favourite, but has plenty of reason to be wary of its opponent. The Slovaks were stingy in a matchup between the teams to open the tournament — Canada squeaked out a 3-2 victory — and they went on to win five straight games to complete the round robin. THE CANADIAN PRESS

4 SPORTS

NBA playoffs

"It's what the playoffs are all about. At the end of the day, you've got to try to win on somebody else's floor."

LeBron James, whose Miami Heat head to Indiana for Game 3 Thursday night with the second-round series tied 1-1. The Pacers won Game 2 in Miami 78-75 on Tuesday night to take home-court advantage away from the Heat.

"Our goal is not to come in here and try to put up a good fight or whatever. We're trying to win the series. We're competing to win the series."

Pacers forward David West

On the web

Rangers look to take control at MSG

The New York Rangers vied for a two-game cushion for the first time this post-season last night against the New Jersey Devils. Go to metronews.ca/sports for Game 2 coverage.

Mobile news

Lance Armstrong says "the 13-year question" of whether he used performance-enhancing drugs is over. Armstrong, who has never been caught doping, says he's finished talking about the allegations that have dogged his seven Tour de France titles. Scan the code for the story.

MLB. Lawrie appeals four-game suspension

Toronto Blue Jays third baseman Brett Lawrie has been suspended four games after hitting an umpire with his helmet.

Lawrie, who was also fined an undisclosed amount "for his aggressive actions," was ejected during a game Tuesday night.

He was tossed after arguing strike calls then bouncing his helmet off the turf into home plate umpire Bill Miller in a 4-3 loss to Tampa Bay.

The Langley, B.C., native will appeal the suspension.

That means he was available to play Wednesday night with the Jays opening a two-game series against the New York Yankees.

"I feel I have the right to explain my side of the story about what happened last night," Lawrie, who said he expected a suspension, told reporters.

Lawrie also said he hoped to apologize to Miller.

Toronto manager John Farrell was also ejected during the confrontation and expects to be fined.

General manager Alex Anthopoulos said the team supported Lawrie's opportunity to explain himself.

He also said he wanted to hear the rationale for the suspension being four games.

"And look, if someone explains that four is the right amount, Brett will be the first one to say it's the right amount." THE CANADIAN PRESS

Brett Lawrie throws his batting helmet to protest a third strike Tuesday in Toronto. GETTY IMAGES

Quoted

"In a nutshell... I didn't mean to hit him."

Brett Lawrie explains his defence against his four-game suspension.

Clemens' lawyer questions McNamee's memory

Brian McNamee, former trainer for Roger Clemens, arrives at federal court in Washington, Wednesday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Perjury trial. Prosecution's key witness faces more aggressive cross-examination today

Roger Clemens' lawyer toyed with Brian McNamee's memory and attacked him from several directions at once. The attorney even put an easel next to the witness with the words: "MISTAKE. BAD MEMORY. LIE." Eventually, there came the inevitable question: "Do you sometimes just make stuff up?"

McNamee has frequently taken long pauses before answering questions in three days on the witness stand, but he didn't hesitate this time. He leaned into the microphone and said softly but assuredly: "I didn't make it up."

Clemens' chief accuser was on the stand for two hours of aggressive cross-examination Wednesday on one of the most important days — perhaps the most important — in the perjury trial of the seven-time Cy Young Award winning pitcher. Clemens is charged with lying when he told Congress in 2008 that he never used steroids or human growth hormone.

McNamee has testified he injected Clemens with both, and the credibility of Clemens' former friend and longtime strength coach will no doubt be the No. 1 topic when the jury starts deliberating the case.

Going for style over substance, Clemens lawyer Rusty Hardin was as colourful as his outfit — bright orange tie, cream-coloured suit — and continued his practice of mispronouncing the witness' name as mac-nah-MAY instead of MAC-nah-mee. He skipped from topic to topic without warning, often confusing McNamee while trying to sow seeds of doubt in the jurors' minds.

McNamee, who has now spent 12 hours on the stand with more to come on Thursday, alternated between fidgety and focused.

THE ASSOCIATED PRESS

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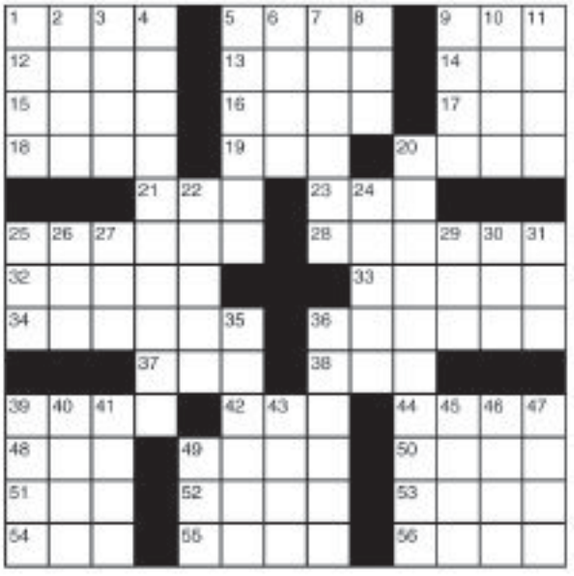
Crossword

Across

1 Dance lesson
5 "Born Free" lioness
9 Interlaken interjection
12 Heart of the matter
13 Actor Neeson
14 Pi follower
15 Domini lead-in
16 Sore
17 Cardplayer's call
18 Heart of the matter
19 Shell-game item
20 Punch
21 CIA forerunner
23 "Go, team!"
25 Carol opener
28 Island greetings
32 Virile
33 Bay of Biscay feeder
34 Schulz pooch
36 Obtained
37 Sugar suffix
38 Lamb's dam
39 Leave in a hurry
42 Possess
44 Buzz Aldrin's mother's maiden name
48 Wish undone
49 Send out
50 Desire
51 Lemieux milieu
52 Count counterpart
53 Ashen
54 Replies of surprise
55 Dandling locale
56 Kane's Rosebud

Down

1 Unwanted email
2 Prong
3 Sicilian spouter
4 Session with the camera
5 Go by
6 Grown-up nits
7 Vast dry expanse
8 "Judging —"
9 Jason's ship
10 Stylish
11 Goose's noise
20 Westerns
22 Comes to a halt
24 Say it's OK
25 Mornings (Abbr.)
26 Newsman emeritus Rather
27 Author Umberto
29 Smack
30 Exist
31 D.C. address
35 Naval petty officer
36 Kind
39 Enthusiastic vigor
40 "That hurts!"
41 Sediment
43 Telegram
45 Evangelist Roberts
46 Look lecherously
47 Requirement
49 Comic-strip scream



Sudoku

	5		8		9		7	
	7	8	4		2	1	6	
2			5		4			9
		9	3		6	5		
3			9		7			1
	9	1	6		8	4	2	
	4		1		3		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	8	9	1	5	2	4	6	7
4	6	1	3	8	7	2	9	5
5	2	7	9	6	4	8	1	3
8	9	3	6	2	5	1	7	4
7	5	4	8	1	3	6	2	9
6	1	2	4	7	9	5	3	8
2	4	5	7	9	1	3	8	6
1	7	8	5	3	6	9	4	2
9	3	6	2	4	8	7	5	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

LJ BCAS BATVV DCCFZSB FTQQU TQCMON SVSFYQLFTV JLYYLOHB, UCM ALHZY BTU Y ZTY DMHB VMH DVMHB.

Yesterday's Cryptoquip: IN ORDER TO INVENT AN INNOVATIVE MOTOR, I IMAGINE YOU'D NEED GREAT ENGINE-UITY.

Today's Cryptoqsip Clue: Y equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. If something sounds too good to be true then it most likely is, so don't be fooled.

Taurus | April 21 - May 21. You may be having doubts about a friendship or relationship that has caused you quite a bit of trouble of late, but don't give up on it yet.

Gemini | May 22 - June 20. Think carefully before you pursue what you think is your dream – because it could turn into a nightmare if you get it wrong.

Cancer | June 21 - July 22. It's time to get over the past. It's the future that matters.

Leo | July 23 - Aug. 22. Strive to keep things in perspective today, especially where affairs of the heart are concerned.

Virgo | Aug. 23 - Sept. 22. Be confident enough to follow your own path through life, even if it is a path many people might disapprove of.

Libra | Sept. 23 - Oct. 22. You are who you are and no one has the right to demand that you be any different.

Scorpio | Oct. 23 - Nov. 21. Someone you meet today will make an impression on you and no doubt your friendship will blossom.

Sagittarius | Nov. 22 - Dec. 21. If someone you love seems determined to make a silly mistake then you might as well let them get on with it.

Capricorn | Dec. 22 - Jan 20. Even if you are in the mood to make changes it will pay you to wait a few days.

Aquarius | Jan. 21 - Feb 18. You have nothing to prove, not to other people nor to yourself, so slow down and give your overworked body and mind time to recover.

Pisces | Feb. 19 - March 20. Consult someone you trust before making that big move you have been thinking about. It could be they can see a potential pitfall that you have missed.

SALLY BROMPTON

Caption Contest

"Gimme an 'A'! Gimme another 'A'!"
Frank

ALAN DIAZ/THE ASSOCIATED PRESS

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